A good Exhortation to euery

man What he should doo when he goeth to bed and when he riseth. To a new Northen tune.

AT night lye down prepare to baue:
thy slæp, thy death, thy bed, thy graue.
A rise a wake think that thou hast:
thy life but lent, thy breth a blast.

Let not the sluggish slæp,
close vp thy waking eye:
Until with iudgement dæp,
thy dayly dæds thou trye.

He which one sinne in conscience kæps,
when he to quiet goes:
More ventrous is then he which slæpes,
with twentie mortall foes.

Wherfore at night call vnto minde,
the day hast spent:
if nought amis thou finde
if ought betime repent.

And since thy bed a pattern is,
of death and fatall hearse:
Bedward it shall not be amis,,
thus to record in verse.

The stretching armes, the yawning breath,
that I to bedward vse:
Are patterns of the penges of death,
when life must me refuse.

The nightly Bell which I heare sound,
as I am laid in bed:
Foreshowes the Bell which me to ground,
shall ring when I am dead.

My bed is like the graue so colde,
and slæp which shuts myne eye,
Resembleth death: Clothes which me solde,
declare the moules so drye.

The frisking fleas resemble wel,
the wrigling worme to me:
Which with me in the graue shall dwel,
where I no light shall sæ.

The waking Cock that early crowes,
to weare the night away:
Puts me in minde the trump that blowes
before the later day.

The splendent Sun whose golden ray,
no eye can dure to sæ:
Declares how in that dreadful day,
God shall appær to me.

The rising in the morn likewise,
When slæpy night is past:
Puts me in minde how I shall rise
to iudgement at the last.

I go to bed as to my graue,
God knoweth when I shall wake:
But Lord I trust thou wilt me saue,
and me to mercy take.

Thus wil I wake, thus wil I slæp,
thus wil I hope to rise:
Thus wil I neither waile nor wæp,
but sing in godly wise.

Repent, repent you sinners all,
and call to God for grace:
That he may graunt vnto vs all,
in heauen a dwelling place.

FINIS.

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